

Cancer



Cancer is the uncontrolled growth of abnormal cells, also known as malignant cells. It is one of the leading causes of death in the world. Cancer occurs when cells multiply rapidly and can invade and damage tissues.

There are different types of cancer. This disease can appear in different organs or tissues of the body, such as the lungs, colon, breasts, skin, bones, or nervous system.

What symptoms can occur?

The symptoms of cancer depend on the type and location. Some of the symptoms that may occur are the following:

- Chills
- Constant fatigue or tiredness
- Loss of appetite
- General malaise
- Weight loss for no apparent reason
- Persistent pain

What factors increase the risk of cancer?

- Smoking tobacco or other substances
- Obesity
- Excessive sun exposure
- Infections by some viruses
- Alcohol consumption
- Exposure to chemicals or environmental pollutants

What tests and exams are there?

Screening tests vary depending on the type of cancer and its location. Cancer can usually be found through biopsies, imaging studies (such as X-rays or other tests), and blood tests. If you have any symptoms or have questions, it is important to consult your doctor.

What treatments are available?

Treatment depends on the type of cancer and the stage it is in. The stage indicates how much cancer has grown and whether it has spread to other areas of the body. Some treatments include:

- **Surgery:** This involves removing the affected tissue or organ.
- **Radiation therapy:** Uses radiation to kill cancer cells in specific areas.
- **Chemotherapy:** Uses drugs that circulate in the body to kill cancer cells that have spread (metastasized) to parts other than where the tumor was originally identified.
- **Combination therapies:** combine different treatments, such as surgery, radiation therapy, chemotherapy, or hormones.

Prevention

You can reduce your risk of developing cancer by:

- Maintain a healthy diet
- Get regular physical activity
- Limit alcohol consumption
- Maintains a healthy weight
- Avoid the use of tobacco products
- Reduce sun exposure and use adequate protection
- Minimize exposure to toxic chemicals
- Ask your doctor about recommended preventive tests and their results.

Receiving a cancer diagnosis can be difficult. It's important to talk to your doctor about the type, size, and location of cancer, as well as the treatment options available.



In case of emergency:

If you need emergency physical or mental health services, call **9-1-1** or go to the nearest emergency room.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References

<https://medlineplus.gov/spanish/ency/article/001289.htm#:~:text=El%20c%C3%A1ncer%20se%20presenta%20cuando,muchos%20tipos%20diferentes%20de%20c%C3%A1ncer>

<https://www.cancer.gov/espanol/cancer/naturaleza/estadisticas>

<https://www.who.int/es/news-room/fact-sheets/detail/cancer>

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